



WV Becoming an Outdoors-Woman
Welcome and Registration Information

Thanks for your interest in the WV Becoming an Outdoors-Woman program. During the weekend workshop, you will have the opportunity to take four classes that will introduce you to a variety of outdoor skills. Please review the various course descriptions before you make your choices. We ask that you make four choices for each session, just in case your first class choice has been closed. We keep all the classes small and manageable so that you can have a productive learning experience. So, if there's a class you definitely want to take, please send in your information as quickly as possible.

Also, many women bring a friend or relative with them to the workshop...we even encourage it through the Bring a Friend Registration Rate. To qualify for this rate, you must bring someone NEW to the workshop. Some women come year after year and consider our weekend workshops a reunion. If you have a particular person or people with whom you want to share a cabin with, please list them on your registration form after you have made sure that they are also coming. If you don't have anyone in particular that you want to share a cabin with, don't worry because this is a great opportunity to make some new friends!

There are three ways that you can register: by phone, by mail, or by fax. See the registration form for details. Also, payment is required prior to the workshop.

We are excited to offer several new classes this fall. As always, if you have suggestions for new classes and you have contacts that I can follow up on, please share them. Our goal is to encourage women to Step Outside® and explore our outdoors, in a comforting non-threatening atmosphere. We have participants from various parts of WV and also from other states. So, please come and have a great and relaxing weekend with a great bunch of women. If you have any questions, please feel free to contact me.

I'll see you this fall!

Elizabeth Gallaher
WV BOW Coordinator

WV Becoming an Outdoors-Woman
Watoga State Park
September 17-19, 2004

Please complete both pages of the registration form completely.

Name _____ Phone Number _____
Female ____ Male ____ Age ____
Address: _____
E-mail _____

Please list your four choices for each session in order of preference

| Session 1 | Session 2 | Session 3 | Session 4 |
|-----------------------|-----------------------|-----------------------|-----------------------|
| 1 st _____ | 1 st _____ | 1 st _____ | 1 st _____ |
| 2 nd _____ | 2 nd _____ | 2 nd _____ | 2 nd _____ |
| 3 rd _____ | 3 rd _____ | 3 rd _____ | 3 rd _____ |
| 4 th _____ | 4 th _____ | 4 th _____ | 4 th _____ |

___ I plan on getting my Hunters Safety Card (must select Firearms Safety, Hunting Basics 1 and 2)

Workshop Fees

___ \$130 Full Price
___ \$100 Bring a Friend Reduced Rate (all forms and fees must be sent together)
___ \$65 Scholarship Rate (must include scholarship application)

Payment Methods

___ Check made to WV BOW enclosed
___ Please charge to my credit card. _____
exp date ____ Signature _____

Return registration form with appropriate funds by August 31, 2004.

By fax: 304-558-3147 (credit card only) Attn: BOW Registration
By phone: 304-558-2771 and ask for either Billie or Elizabeth.

By mail: WV DNR--Wildlife Resources Section
Attn: BOW
1900 Kanawha Blvd., East
Bld. 3, Rm. 842
Charleston, WV 25305



| <u>Cabin Preferences</u> | <u>Noise Level</u> | <u>Smoking</u> |
|--|---------------------------------------|--|
| <input type="checkbox"/> Standard Cabin (Fireplace Heat) | <input type="checkbox"/> Early to Bed | <input type="checkbox"/> Smoker |
| <input type="checkbox"/> Modern Cabin (Electric Heat) | <input type="checkbox"/> Night Owls | <input type="checkbox"/> Non-Smoker |
| <input type="checkbox"/> Camping | <input type="checkbox"/> Don't Care | <input type="checkbox"/> No Preference |

Roommates will be randomly assigned unless otherwise requested. Please list no more than 6.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

If the workshop is full when you register, do you wish to be placed on a waiting list for possible cancellations?

The applicant, by signing below, recognizes that the program involves some risk and takes responsibility for all actions or injury that may result by participating.

Signature _____

Please no Pets or Alcohol.

Upon request of your registration and payment, you will be sent a confirmation with a map to Watoga State Park. Equipment will be provided, but students are encouraged to bring their own as mentioned in course descriptions. **Cancellation deadline is September 3, 2004.** Cancellations before this date will receive a refund less \$20 for processing. Registrants who do not attend and do not cancel by the deadline will be assessed the full program fee, but a substitute attendee may be supplied.

Course Offerings

Session 1 (Friday PM)

Beginning Fishing
Dutch Oven Cooking
Firearms Safety
Fly Fishing
Leave No Trace
Mountain Biking 1
Nature Walk
Overnight Backpacking (two sessions)
Stream Ecology
Turkey Hunting

Session 2 (Saturday AM)

Archery
Basic Canoeing
Dutch Oven Cooking
Morning Hike
Fly Fishing
4x4 Maintenance
Horseback Riding
Hunting Basics 1
Nature Photography 1
Rifle
Stream Ecology
So You Got a Deer

Session 3 (Saturday PM)

Archery
Camping
Caving
Fishing by Canoe
Forestry
Hunting Basics 2
Mountain Biking 1
Nature Photography 2
Rifle
Shotgun
Tree Stand Safety
Wild game Cooking

Session 4 (Sunday AM)

Advanced Canoeing
Bow hunting
Fly Tying
Handgun Hunting
Intro to Backpacking
Map and Compass
Mountain Biking 2
Nature Journaling
Shotgun
Stream Fishing
Wilderness First-Aid

Course Descriptions

Advanced Canoeing

Want to learn more techniques involving canoeing? Take this course and learn more challenging strokes, how to handle a capsized canoe, and how to portage. The chances of you getting wet with this class are very strong so come prepared! **Prerequisite:** Basic Canoeing class and the ability to swim.

Archery

Participants will learn bow safety, how to fit and select equipment, and the art of shooting. Equipment will be provided, but students are encouraged to bring their own equipment (no broad heads, please).

Backpacking Overnighter (Two Sessions)

This course will provide the skills and know-how for enjoying the backcountry by combining instruction with an overnight backpacking trip. Participants will learn about equipment, how to pack a pack, setting up and breaking down camp, food preparation, basic safety and wilderness etiquette. Food and equipment will be provided.

Basic Canoeing

Instruction will cover the basics: getting in and out of a canoe, team paddling, and proper strokes, portaging, tying down on a car rack, and other special pointers. You will be getting out on the lake to practice your skills.

Bow Hunting

Take archery shooting one step further. Learn everything from bow hunting ethics, scouting techniques, tree stand placement and safety, shot placement and blood trailing to equipment selection.

Beginning Fishing

This course will provide hands on instruction from choosing equipment to landing the fish. Learn the fundamentals of rod and reel handling, casting, knot tying and tackle. Equipment will be provided, but participants are encouraged to bring their own.

Camping

How do you set up camp and still have a relaxing and peaceful experience? In this class, you'll learn about choosing the best location, setting up camp and making outdoor cooking simple.

Caving

Interested in exploring a brand new world? Join two caving experts to explore a local cave. Equipment will be provided.

Dutch Oven Cooking

Complete meals can be cooked in a Dutch Oven whether it's breakfast or dinner. Learn how while practicing 3-4 recipes during class then enjoy eating the results. You will also learn about the preparation and care of the oven and different equipment that can be used.

Firearms Safety

This course will cover the basic types of firearms, firearms safety, gun handling and the basics of selecting and purchasing firearms. This course is required for those wishing to take rifle, shotgun, handgun, and the hunters' certification card.

Fishing by Canoe

Try your hand at fishing from a canoe. Learn more about fishing techniques, lures, habitat, and how weather affects your success. **Prerequisite:** Basic knowledge of knot tying, casting and either have taken the Basic Canoeing class or have canoeing experience.

Fly Tying

Learn the art of fly tying. You will be presented with materials and tools which are needed and learn their various uses. Then, you will try your hand at tying some basic fly patterns.

Forestry for Women

More and more women are becoming property owners. This class will provide information on how to manage your land for various uses. The second part of this course involves walking on a small forest plot, so bring appropriate shoes.

4 x 4 Maintenance

Have you bought a jeep, SUV, truck and are ready to go off-roading? There are certain things that you need to be aware of if you plan on taking your vehicle over rough terrain. This class discusses basic maintenance, preparation, and how to deal with emergency situations.

Handgun Hunting

You will have the opportunity to learn gun safety and shooting techniques specific to handguns. You may bring your own, but you must also provide your own ammunition if not using 22 or 38sp. **Prerequisite:** BOW Firearms Safety Class or Hunter Safety Certification.

Horseback Riding—First Time Offered!

Participants will get instruction on horse health, equipment, and after you saddle your horse you'll get to go on a trail ride.

Hunter's Education Certification—New For 2004!

If you were born after January 1, 1975, you must successfully complete a hunter's education course before obtaining a license. You've wanted to go hunting, but you haven't had time to attend the required hunter's education class? This three class track will give you the proper education to pass the hunter's education test and you will also receive your hunter's safety card (after passing the test at the end of class). You **must** attend Firearms Safety, Hunting Basics 1 and Hunting Basics 2 to get the certification. You can choose any class for the fourth session.

Hunting Basics 1—New For 2004!

This class includes basic information for the beginning hunter from hunting ethics, wildlife management and identification, laws, etc. This a required class for the Hunter Education Certification.

Hunting Basics 2—New For 2004!

This course consists of a safety trail which takes you through several simulated hunting situations and basic obstacles encountered during hunting various game animals. This a required class for the Hunter Education Certification.

Introduction to Fly Fishing

Learn the basics of casting and fly presentation, fly design, knot tying, selection of equipment, and basic knowledge and understanding of fly fishing. Participants are encouraged to bring their own equipment, but equipment will be provided for first times as well.

Introduction to Backpacking

If you would enjoy backpacking, but you're not ready to commit to an overnight trip, then this course is for you. Participants will receive experience in hiking with a pack and instruction in backpacking equipment, food preparation, setting up and breaking down camp, basic safety and wilderness etiquette.

Leave No Trace

Increase your knowledge in environmental ethics and learn how to minimize our impact on the wilderness by taking this class. Seven principals of the Leave No Trace program will be covered.

Map and Compass

Students will learn how to navigate using a map and compass and learn to interpret topographic maps and route selection. You will then practice your newfound skills over the local terrain.

Morning Hike

Take a trek “over the hills and through the woods.” Some nature interpretation will be provided along the way.

Mountain Biking 1

Learn the equipment basics, “rules of the road” and have the opportunity to explore part of the Greenbrier River Trail. We will have bikes and helmets available, but you are encouraged to bring your own.

Mountain Biking 2

This is a more advanced Mountain Biking class and therefore will be building on skills learned in Mountain Biking 1. There will be more discussion on gears, breaks, and technical navigation and you will also bike on the Greenbrier River Trail. We will have bikes and helmets available, but you are encouraged to bring your own. **Prerequisite:** Mountain Biking 1 or a good knowledge of mountain biking.

Nature Journaling

Have you wanted to record your observations and outdoor adventures? This class will introduce you to the art of journaling. Supplies will be provided, but if you have a journal you’d like to share, please bring it.

Nature Photography 1 and 2—First Time Offered!

Learn the various techniques of capturing nature scenes on film. The first part of the class will involve instruction on equipment and photography techniques and in the second part; you will go out and actually practice what you learned. Please bring your own camera and plenty of film. Any type of equipment is welcome, but if you bring digital equipment you may want to bring the software to download your pictures on site. Unfortunately do to the rural area; we are not able to develop film on site. Due to the breadth of the subject, you must sign up for both Nature Photography 1 and 2.

Nature Walk

This class will be a leisure walk (hike) with most emphasis on nature and nature awareness. Along your trip, nature watching techniques will be discussed and plants and animals identified. You are encouraged to bring binoculars.

Rifle

You will have the opportunity to learn gun safety and shooting techniques specific to rifles. Equipment will be provided, but you may bring a cased firearm to the class. You will need instructor’s approval to use your personal firearm. **Prerequisite:** BOW Firearms Safety class or hunters safety certification card.

Shotgun

You will have the opportunity to learn gun safety and shooting techniques specific to shotguns. Includes clay pigeon shooting. Firearms and ammunition will be provided in 20 and 12 gauges. You may bring your own cased firearm, but it must meet safety approval of the range instructor. **Prerequisite:** BOW Firearms Safety class or hunters safety certification card.

So You Got a Deer

Now what? This hands-on class will take the mystery out of getting your game from the field to the table. You will be guided throughout the proper techniques and equipment for field dressing and butchering whitetail deer. Please be advised that participants will be working up a fresh kill that will be used in the Wildgame cooking class.

Stream Ecology

This course will be an introduction to aquatic creatures and their role in an aquatic ecosystem. There will be some lecture time, but most of the class will involve hands-on learning so be prepared to get wet.

Stream Fishing

Learn where and how to fish streams and everything from techniques, lures, habitat, to how weather affects your success. Participants are encouraged to bring their own equipment, but equipment will be provided.

Prerequisite: Basic knowledge of knot tying and casting.

Tree Stand Safety— First Time Offered!

Bow hunting is a wonderful and fun sport, but don't let tree stand accidents ruin your hunting trip. This class discusses the various types of tree stands, tree stand placements, and safety harnesses.

Turkey Hunting 101

Learn the basics of wild turkey hunting from understanding wild turkey behavior, preseason scouting techniques, tree stand placement and safety, shot placement and blood trailing, to equipment selection.

Wilderness First Aid

Class members will learn to splint, control bleeding, and to safely move injured people. You will also be provided with an overview of several medical illnesses and environmental injuries and/or illnesses that may be encountered in the outdoors.

Wild game Cooking

In this class, you will be preparing fresh venison in a variety of ways. Cutting, storing, and cooking the meat will be demonstrated in this class, and you will be able to share the results with the rest of the group at our Saturday evening dinner.

WV Becoming an Outdoors-Woman
Scholarship Application
Fall 2004

Name _____

Thank you for your interest in the WV Becoming an Outdoors-Woman Scholarship. If you wish to compete for 4 of these scholarships, please complete this application and submit it with your registration form with the \$65 registration fee. You will be contacted by August 31, 2004 of your status. Preference will be given to first-time participants, full-time students, single parents, and low-income households.

All information will be kept confidential.

Annual income _____

Number of dependents _____

Please write an essay (100 word minimum) describing why you want to become an outdoors-woman. The essay may be written or typed. You may use the space provided or attach your essay to this form.

I certify that the information that I have provided is correct and that the scholarship essay is of my own work.

Signature

Date